

GYNAECOLOGY

Fibroids and Abnormal Bleeding Guide

Causes, investigations and fertility-conscious treatment

Original patient handbook | Evidence-aligned educational content

Prepared for patients of

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Important: This handbook provides general information. It cannot diagnose a condition, recommend individual treatment or replace emergency assessment.

How to use this handbook

Use this guide to prepare questions and recognise situations that need medical attention. Your clinician may advise differently based on your history, examination, test results and local clinical protocols.

Three principles

1. Keep scheduled follow-up.
2. Bring complete records.
3. Seek urgent care for warning symptoms.

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1. Recognising abnormal bleeding

- Bleeding may be abnormal because of amount, duration, frequency, irregular timing, bleeding between periods or bleeding after menopause.
- Keep a diary of dates, flow, clots, pain and associated symptoms.

Prepare for your consultation

Write down the symptom timeline, medicines and supplements, previous reports and the three questions most important to you.

2. Fibroids

- Fibroids are benign uterine muscle growths. Many cause no symptoms; others cause heavy bleeding, anaemia, pressure, pain or fertility concerns.
- Impact depends on size, number and location.

3. Evaluation

- Assessment may include pregnancy testing, blood count, examination, ultrasound and selected hormone or coagulation tests.
- Endometrial sampling or hysteroscopy may be advised according to age, risk factors and imaging.

4. Treatment choices

- Options include iron replacement, non-hormonal or hormonal medicines, an intrauterine system, hysteroscopic treatment, myomectomy, uterine-artery procedures or hysterectomy.
- Choice depends on diagnosis, severity, contraception needs and fertility goals.

Urgent care

Do not rely on a website or PDF during an emergency. Severe or rapidly worsening symptoms require direct assessment.

Consultation checklist

Item	Ready
Bleeding diary	■
Number of pads or tampons used	■
Clot size	■
Pain and pressure symptoms	■
Anaemia symptoms	■
Pregnancy and fertility plans	■

Questions to ask

Frequently asked questions

Do all fibroids need surgery?

No. Monitoring is appropriate for many asymptomatic fibroids.

Can fibroids affect pregnancy?

Some locations and sizes may influence fertility or pregnancy, but many do not.

Is postmenopausal bleeding normal?

No. Any bleeding after menopause needs assessment.

Remember

Online information is most useful when it helps you communicate clearly with your own clinical team.

References and clinical framework

This handbook is original educational content informed by the following authoritative guidance. Recommendations may change and local protocols may differ.

ACOG - Uterine Fibroids

<https://www.acog.org/womens-health/faqs/uterine-fibroids>

ACOG - Abnormal Uterine Bleeding

<https://www.acog.org/womens-health/faqs/abnormal-uterine-bleeding>



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Medical disclaimer: This document is for general patient education only. It is not a diagnosis, prescription or personalised care plan. Do not start, stop or change medicines based on this guide. Emergency symptoms require direct emergency assessment. The website is not monitored for emergencies.

Publishing note: Final medical review and approval by Dr. Akрати Jain is required before public distribution.